City of Helena

MAKING LIFESTYLE CHANGES..... THAT CHANGE LIVES

Total Wellness®

BECOMING A TOTAL PERSON®

Volume XXII, Number 12 December 2014

Reap the Rewards of Good Health

Good health habits are the nourishment your body needs for a long and fulfilling life. No matter what your age, sex, or profession, good health choices can help enrich and extend your life.

Begin the new year with some good health habits like the following:

- Stay active. Try to get at least 30 minutes of activity most days of the week. Walking is an easy way to stay active. Exercise helps you feel better about yourself, relieves stress, and makes you less likely to take up bad habits.
- Exercise your mind. Read, work crossword puzzles, or play games with your friends as often as you can to stimulate your mind.
- Get socially active. Find a group of friends that you can do things with on a regular basis. Encourage one another to make healthy choices.
- Watch your diet. Instead of eating high-fat foods for lunch, bring your own healthy lunch.
- Kick bad habits. Stop using tobacco of any kind. Avoid excessive drinking. Respect all traffic laws, including the speed limit.

Overcome the Holiday Blues

During the holidays, images of happy families, happy couples, and happy holidays are everywhere. But for many people, the holiday season is anything but jolly. For those without families, it can be a lonely time. For those separated from loved ones, the holidays can be especially difficult. Still for others, the stress of a busy schedule, family tension, loss of a loved one, or financial troubles can seem unbearable at times.

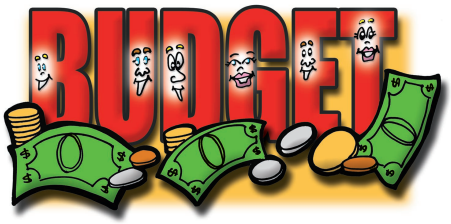
If you find yourself singing the holiday blues, here are tips on how to cope from Mental Health America:

- Keep expectations for the holiday season manageable. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Practice acceptance. Expecting everyone to get along and have the perfect family gathering may leave you exasperated. Learn to go with the flow.
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day. Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season doesn't banish reasons for feeling sad or lonely. Allow yourself time to cry, grieve, or refelct on your feelings.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Don't set yourself up in comparing today with the "good ol' days." Try something new. Celebrate the holidays in a new way.
- Get involved in community or religious groups who have events to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping, or making a snowman. Instead of feeling pressure to give extravagant gifts, make a budget and stick with it.
- Keep your body in good condition by exercising, eating right, and getting plenty of sleep.
- Be aware that excessive drinking will only increase your feelings of depression. Set limits or avoid drinking.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries. Let others share in the responsibility of planning activities.

For more information, visit Mental Health America at www.nmha.org.

Spending on a Budget

- Set a specific limit on how much money you can spend during the holidays. Don't forget to include wrapping paper, postage, decorations, travel, and entertainment expenses, too.



- Let your family know you're watching your money this season.
- Make a gift list and stick to it. With your overall budget in mind, make a list of the people and charities you want to buy for, what you want to buy for them, and the amount you want to spend for each person. Take the list with you when you go shopping and avoid impulse shopping. Gift cards are a good way to keep your limit.
- Pay for your gifts with cash. Credit counselors report that debt problems rise following the holidays. Say no to credit card and department-store card offers.
- Be creative. Homemade gifts or offers to baby sit or do something special for someone can be an inexpensive yet very personal gift.
- Start saving for next year. Put away a little money every month between now and the next holiday season.

Kindle the Flames of Kindness

It doesn't have to be a special holiday to show kindness to others. Kindness is something that you can share every day of the year. **Here are some simple ways to show kindness to others:** • Write the manager of someone who's helped you at a store or served you at a restaurant and express thanks for such good service. Be sure to name the person who helped you. • Call loved ones just to say, "I love you." Tell them how much you appreciate them. • Deliver or send flowers to a nursing home, hospital, police station, or shut-in in your neighborhood. • Trade your place in line at the grocery store with someone who's in a hurry. • Surprise someone in your home with breakfast in bed. • Hold the door open for a stranger. • Smile and say, "Thank you," to the bus driver, toll collector, or receptionist at a business. • Bake cookies for a coworker who works really hard.

Prevent Falls at Home

Here are some precautions you can take to prevent falls in your home:

- Keep rooms and hallways well-lit and free of clutter.
- Add handrails to stairways and install grab bars by toilets and in tubs and showers.
- Clean floors regularly. Wipe up liquid spills at once.
- Cover slick surfaces. Put floor treads on stairs and nonskid throw rugs over slick floors.
- Be careful when reaching up to high places. Use a sturdy ladder or step stool to keep you grounded.
- Take medicine correctly. Otherwise, you may experience weakness, dizziness, or other side effects that could cause you to fall.

Source: The National Safety Council, www.nsc.org

Contain Your Expectations

To protect yourself from holiday disappointment, remember these tips:

- Expect the intensity of holiday togetherness to breed some irritability, and take it in stride.
- Realize that a romanticized picture of the holidays isn't real. Every moment won't be filled with brightness, warmth, and good cheer.
- Give yourself permission to feel less than perfect. Recognize that the holidays aren't ruined if someone gets upset or angry.
- Be flexible. Include rituals from newly blended families into yours. Recognize that holidays can be difficult for divorced or widowed family members.
- Compliment the cook. Express your pleasure of a tasty dish and even ask for the recipe.
- Never expect the holidays to make up for neglecting your family throughout the year. Use the holidays to make meaningful contact and try to stay in touch year-round.
- Avoid trying to reform or change people. Refrain from the tendency to meddle in other people's business.

Stick to Your Fitness Goals

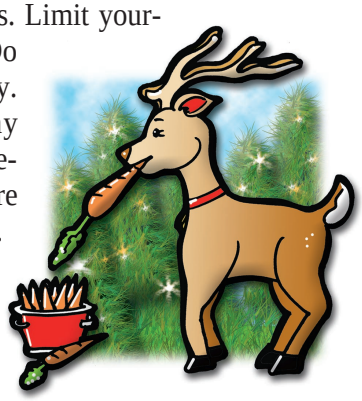
Many people will kick off the new year with a new fitness plan. But why wait until the first of the year? Jump-start your fitness goals by beginning your new exercise plan now. **Here are several ways to stick with your fitness plan:**

- Keep a fitness notebook. Write down the activities you do. At the end of each week, look back to see what you have accomplished and let this motivate you.
- Confront your excuses. Make a list of why you don't currently exercise and then write down next to each one an even better reason for exercising. If you think you're too tired, for example, exercise can energize you.
- Determine what activities you will do and schedule specific times during the week to do them.
- Ask a friend, family member, or coworker to exercise with you. Encourage one another in your quest to get fit.
- Offer yourself a reward. Set short-term goals, and gradually build up to bigger ones. If you stick to a commitment for two weeks, for example, treat yourself to a massage. Then, set higher goals and plan for greater rewards.
- If you fall out of your exercise routine, don't give up. Instead, pick up where you left off. Change your mindset to see exercise as a lifestyle and not a bad thing.

For more information on exercise, visit the American Council on Exercise at www.acefitness.org or the American Running Association at www.americanrunning.org.

Avoid Holiday Weight Gain

To avoid holiday weight gain, remember these tips: • Bring a "light" alternative dish to a holiday party, and eat it instead of the high-fat choices. • Drink a tall glass of water before beginning your meal. • Look over the food on the table before making your selections. Limit yourself to three or four choices. • Do something besides eat at a party. Talk, take pictures, or play games. • Eat a healthy meal before you go shopping so you're not tempted to eat fast food. • Take an evening walk instead of watching TV and snacking. • Serve more fruits and vegetables.



Let Me Introduce You to VIC

The fact that you're reading this newsletter most likely means that you have some degree of commitment to changing or further refining your lifestyle for the better. How far you go in sculpting your body, losing the weight you desire, and building a lifestyle of fitness and health depends upon your enthusiasm.

Now most people assume enthusiasm means excitement, and to a certain extent that's true. But you and I both know that nothing great was ever accomplished, no worthwhile long-term goals were ever reached, on excitement alone. And that's because excitement is based on emotional energy, which is impossible to maintain on a daily basis. Our feelings and emotions change, but that doesn't have to impact our goals.

Enthusiasm reaches beyond mere excitement of the moment and embraces **Vision**, **Inspiration**, and **Commitment** – "VIC" for short. I want you to remember this simple acronym and think of VIC as a kind of cheerleader spurring you on to your goal of personal fitness.

Here's how it works: Your **Vision** for your goal should **Inspire** you to the **Commitment** necessary to reach that goal. The key is keeping your goal in mind, so that it becomes your inspiration.

"Remember.... it's all about getting up, dusting yourself off, and keeping your eyes on the prize."

Think about it! How many times have you decided that you were going to lose those extra pounds, get in shape, and begin a lifestyle of health and fitness? You start strong, and may even stay at it until you reach some degree of success. But ultimately something happens that takes you off task. You miss a day of your routine, which turns into a week. Discouragement or disillusionment grows and before you know it your strong start is a dim memory tinged with guilt.

Friends, at that point it's time to call on VIC, and allow it to pump some enthusiasm back into your heart and mind. Forget the guilt, toss out the condemnation over dropping the ball temporarily, and get back into the battle.

Remember, it's not about how many times you fall or fail. It's all about getting up, dusting yourself off, and keeping your eyes on the prize. VIC can help you do that!

John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of Pushing Yourself to Power, The Miracle Seven, *and* Isometric Power Revolution. *He created the Transformetric Training System that maximizes strength, fitness, and wellness. For more information of John Peterson and Transformetrics, visit www.bronzebowpublishing.com or call 1-866-724-8200.*

Seize the Day in the New Year

By Paul J. Meyer

On his deathbed, Joe's family asked him what he wished he had done while he still could. Instead of listing all the things he had spent years pursing and dreaming about, such as the bigger house, the ultimate job, more investments, better vacations, etc., Joe's wish list was short and simple. He wished he had spent more time together as a family, gone to his kids' ball games, taken his grandkids out of school for lunch more often, and not worked as much. In everything he said, the only reference to work was wishing he had done less of it.

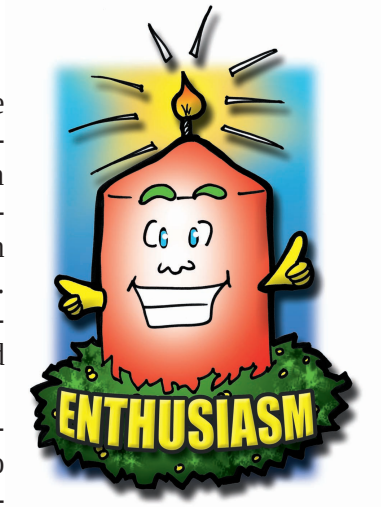
Isn't it interesting that in life's most trying times, what's most important instantly comes to the surface and what's not as important is suddenly inconsequential? Sadly, most people don't get another chance because they come to the revelation when it's too late.

We can't afford to lose a single moment – life is just too short! In the new year, I challenge you to resolve to make the most of every day you are given. One of my most favorite sayings is "carpe diem," which means "seize the day." **The following are habits to help you seize every day:**

- Be an inverted paranoid. Believe that the whole world is conspiring to do only good things to you.
- Be a quick forgiver. Realize that you have been forgiven for much and decide to forgive much as well.
- Be optimistic. Believing the best in people and circumstances is a sure way to find the best.
- Be thankful. Always give thanks for everything in your life, and strive to keep a smile on your face.
- Be encouraging. Encouragers make others feel better, stronger and more capable of accomplishing their dreams.
- Be spontaneous. Take advantage of situations and circumstances. Adopt a sense of urgency and a do-it-now attitude.
- Be a giver. Tell people, "If I can be of any service to you or your children, anytime, anywhere, anyplace, just call."
- Be positive. Being positive has the potential of turning the worst situations into victories.
- Be enthusiastic about life. Since you only live once, why not give it your all in all that you do?
- Be joyful. Enjoy your life and view adversity as a stepping stone, not a roadblock at the end of the road.
- Be active. Find an activity you enjoy such as hiking, scuba diving, golf, tennis, swimming, biking, or fishing, and share it with someone else.

Paul J. Meyer was a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Forgiveness... The Ultimate Miracle. *For more information, visit his website at www.pauljmeyer.com.*

Get Excited about Something



I love to be around people who are excited about something. Don't you? They seem to generate energy for themselves and everyone with whom they come in contact. Their enthusiasm, their energy, their excitement, and their passion is contagious.

How depressing and boring it is to be subjected to those folks who never get excited about anything. You know who they are. They are the ones who never like a restaurant, are unimpressed by any movie or play, find fault with all destinations and traveling companions, and are generally unmoved by everything.

Give me the person who finds joy and delight in the little things as well as the big ones. Let me be in the company of those who are passionate about something – a cause, a hobby, a sport, their work, music, or their loved ones. The person with passion and excitement is the one who has the power and makes things happen; that kind of person is the spark that lights a fire in the hearts of others. As the French philosopher La Rochefoucauld wrote, "The passions are the only advocates which always persuade. The simplest man with passion will be more persuasive than the most eloquent without."

What are you excited about today? What is your passion? Great days belong to those who live enthusiastically.

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life *and* Make Life Count! – 50 Ways to Great Days. *For more information, visit www.JulieAlexander.com.*

InSync® Moment – Sing Your Song

In the shower. On a walk. In the nursery. During religious services. Dancing. At celebrations. Around a campfire. Driving. Preparing a meal... Times we might find ourselves singing. Singing brings joy and comfort. Songs are reminders of simpler times and favorite memories. Singing expresses emotions. Songs are vehicles for making powerful statements. You have a song in your heart. Listen to it. Then, with enthusiasm, sing your song!

© Susan Pilgrim, Ph.D., author of Living InSync®. Contact her at 1-877-InSync® (1-877-467-9627) or at spilgrim@transbay.net.

Control the Itch

Winter itch can be very irritating for many people during the cold, dry months of winter. **If you have itchy, dry skin, here are some helpful tips:**

▲ Keep your skin moisturized. Moisturize *daily* with a cream-based moisturizer.

▲ Take cool to tepid water baths or showers. Use a mild soap or try adding some oil to your bath.

▲ After bathing, pat your skin almost dry with a towel. While the skin is still damp, apply your moisturizing lotion.

▲ Choose clothes wisely. Be wary of wool or other fuzzy or heavy materials as they may be irritating to dry skin. Wear loose-fitting, "breathable" clothing, like cotton.

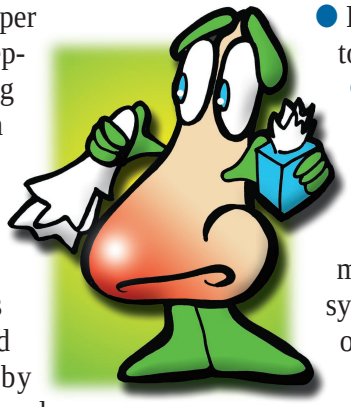
Wash Away Germs

Colds are caused by microscopic organisms called viruses, and there are about 70 viruses that can cause a cold. The best way to avoid getting a cold is to keep your hands clean and to remember not to touch your hands to your mouth, nose, and eyes.

Unwashed or poorly washed hands are a very common way of spreading many diseases, such as colds, flu, ear infections, strep throat, and intestinal problems. **Here are tips to remember:** • Always use soap and water. • Scrub your hands well. Be sure to wash between fingers, your wrists, under your fingernails, and the back of your hands. • Rinse the hands well. • Dry your hands with a paper towel preferably. • Remember to use the paper towel (instead of your hands) to turn off the water.

Ease Your Cold Symptoms

Did you know that in the United States, colds account for more visits to the doctor than any other condition? In fact, adults get an average of two to four colds per year, mostly between September and May. Young children can suffer from an average of six to eight colds per year.



Colds are highly contagious and are most often spread when droplets of fluid that contain a cold virus are transferred by touch. These droplets may also be inhaled. **The symptoms of a cold include:** • runny nose • congestion • sneezing • loss of appetite • fatigue • weakened senses of taste and smell • scratchy throat • cough.

To relieve the symptoms of a cold, try these tips:

- Get plenty of rest.
- Drink plenty of fluids, especially water and juices.
- Try saltwater sprays in the nostril to relieve nasal congestion.
- Run a cool-mist humidifier to put moisture in the air.
- Take a warm bath or shower to ease achiness. The steam from a shower may also ease breathing.
- Take over-the-counter medications to help treat symptoms. Ask your doctor or pharmacist for advice.
- Seek medical attention if you experience any of the following: • unusually severe cold symptoms • high fever • ear pain • sinus type headache • cough that gets worse while other cold symptoms improve • flare-up of any chronic lung problem, such as asthma.

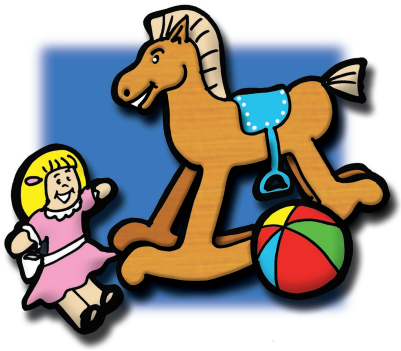
For more information, visit the American Lung Association at www.lungusa.org.

Coping with Alzheimer's Disease

As you age, trying to remember certain things may be more difficult. However, minor forgetfulness is not Alzheimer's disease. **According to the Alzheimer's Association, here are symptoms people may have:**

- *Difficulty completing familiar tasks* – They may not only forget to serve dinner, but would not remember making it.
- *Time and place disorientation* – They may get lost on their own street.
- *Low initiative* – They lose interest in things and become uninvolved in life.
- *Memory loss* – They struggle with forgetfulness and confusion at home and work.
- *Misplacing things* – They may put things in unusual places, like the iron in the refrigerator.
- *Language difficulties* – They may forget simple words and substitute inappropriate words.
- *Poor judgment* – They may wear pajamas to the grocery store.
- *Mood and behavior changes* – They may have rapid mood swings for no apparent reason.
- *Personality changes* – They may have a sudden personality change.

For more information on Alzheimer's disease, visit the Alzheimer's Association at www.alz.org.

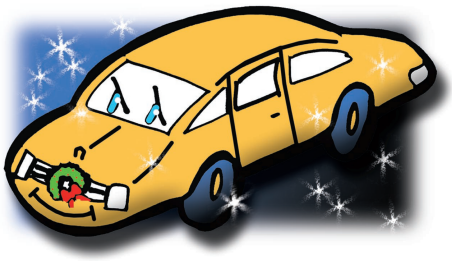


Tips for Safe Toys and Gifts

- Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully.
- To prevent both burns and electrical shocks, don't give young children (under age 10) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- Avoid giving children under age three toys or games that have small parts. They can choke on them.
- Remove strings and ribbons from toys before giving them to young children. Children under age 8 can choke or suffocate on uninflated or broken balloons.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.
- Immediately discard plastic wrappings on toys, which can cause suffocation.

Source: American Academy of Pediatrics, www.aap.org

Drive Safely During the Holidays



You may be doing all you can to take care of your body. You eat right, exercise, and try to stay away from people who are sick. Diseases can kill you slowly, but a traffic accident can instantly snuff out the candle of your life or change the way you live in the future. The risk is higher if you drive drunk or drugged.

Impaired driving is one of America's deadliest crimes. On an annual basis, impaired driving takes the life of one person every 31 minutes. Hundreds of thousands are left injured or crippled, and those numbers are higher during the holiday season.

It's sometimes difficult to tell when you've had too much to drink. The National Highway Safety Administration reports that even one alcoholic drink impairs the ability to react quickly. A slow reaction could be fatal when attempting to avoid an accident.

Here are some tips on how to prevent impaired driving accidents:

- Before the evening begins at a gathering where alcohol is served, choose not to drink alcoholic beverages or find a nondrinker who will take you home.
- Say "no thanks" to anyone who offers you a funny cigarette or a pill that will "make you feel wonderful."
- Never accept a ride from someone who has been drinking.

If you're the host of a party, here are some tips on keeping your guests safe:

- Provide nonalcoholic drinks and plenty of high-protein food.
- Use self-measuring one-ounce bottle spouts to pour liquor.
- Don't rush to refill glasses.
- Never let a guest drive after drinking. Arrange a ride or call a cab.

Watch Out While Shopping

When city sidewalks are packed with holiday shoppers, it can be difficult to rush home with your purchases in one piece. **Here's how to stay safe while shopping:**

• Make a plan. Establish a central meeting place for everyone to go to if someone gets lost. • Know what colors your group is wearing. Wear a brightly colored hat, scarf, or jacket that stands out. • Avoid strangers. Remember to never go anywhere with anyone you don't know well. • Use escalators properly. Face forward and keep your hands on the handrail to prevent getting your gloves, scarves, shoelaces, or fingers caught. • Avoid carrying too much at one time. Make several trips to unload your packages, so you don't strain your muscles.

Trim the Fat from Holiday Cooking

When you're planning meals and cooking for your family, follow these tips to trim the fat:

- Eat more fish and skinless poultry. Select fewer red meats. Buy lean cuts, and trim well.
- Use nonstick cooking sprays and skillets to brown and sauté without added fat.
- Use flavored vinegars, plain yogurt, or fruit juices as marinades when grilling or broiling to tenderize leaner cuts of meat and to seal in their moisture and flavor.
- Limit protein portions to 5 ounces precooked. Let brown rice, whole grain pastas, potatoes and other vegetables become the centerpiece of your meals.
- Skim the fat from soups, stocks and meat drippings. Cool and remove the hardened surface layer of fat before reheating.
- Use legumes (dried beans and peas) as a main dish. They're high nutrition, low-fat stars of a healthy meal.
- Substitute plain, low-fat yogurt or fat-free ricotta for sour cream or mayonnaise.
- Use two egg whites instead of one whole egg.

Quick Grocery Tip

Keep an ongoing grocery list and jot down items as soon as you begin to run low. If you wait until you're completely out of an item, it could cost you an unplanned trip to the store.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her book, The Energy Edge, *gives power points to have energy for life!*

Nibble on Healthy Snack Foods

Holiday celebrations are often based on sharing foods such as homemade candies, cookies, and traditional dishes that may be high in fat and calories. Bowls of snack mixes are also often set out for people to graze on. But these little bites can add up to big weight gain if you're not careful. This year, give yourself and your family members healthier options when it comes to "nibble" foods. Healthier options can entertain the taste buds just as well as the higher-fat choices.

If you're making a snack dish for the holidays (or any time of the year), here are ideas for tasty, easy-to-prepare finger foods and party snacks:

- Low-fat whole-wheat crackers, including wasa, rice cakes, rye crisp, or graham crackers
- No-oil baked tortilla chips with non-fat bean dip or salsa
- Frozen grapes, blueberries, or banana slices
- Fresh or dried fruits
- Non-fat cottage cheese with fruit
- Mini bagels and fat-free cream cheese
- Melon balls – watermelon, cantaloupe, or honeydew
- Angel food cake slices with fruit puree or fresh fruit slices
- Fat-free yogurt with granola
- Raw vegetables with low-fat or fat-free dip
- Popcorn – light or air-popped
- Pretzel twists or sticks
- Gingersnaps or animal crackers
- Mini kabobs with strawberries, pineapples, and small pieces of mozzarella cheese
- Spread peanut butter on celery sticks and top with raisins.
- A healthy trail mix: mix whole-grain toasted oat cereal with chopped walnuts, raisins, and dried cranberries.
- Soy nuts and raisin mix
- Roasted chestnuts
- Low-fat string cheese

SPICED APPLE COBBLER PIE

Makes 8 servings

2 tsp. fresh lemon juice
2 cups coarsely chopped apples
3 Tbsp. frozen apple juice concentrate, thawed
1/2 tsp. cinnamon
1 tsp. apple pie spice
1 cup whole wheat pastry flour
1/2 cup sugar
2 tsp. baking powder
4 egg whites, lightly beaten
1 tsp. vanilla
1/2 cup chopped walnuts

Preheat oven to 325° F.
Lightly spray a square baking pan with cooking spray; set aside. Sprinkle the lemon juice over the apples, then add frozen juice concentrate, cinnamon, and apple pie spice and toss gently until coated. Set aside. In a large bowl, stir together the flour, sugar, and baking powder. Then, stir in the egg whites and vanilla. Add the apple mixture and walnuts (the mixture will be thick). Transfer the mixture to the prepared baking pan. Bake about 35 minutes or until golden brown.

Each serving contains: 149 calories, 4 g. protein, 2.5 g. fat, 0 mg. cholesterol, 28 g. carbohydrates, 113 mg. sodium. Calories from fat*: 15 percent*

From Pamela Smith's Eat Well, Live Well. *Visit www.pamsmith.com for more information.*

✂ clip and keep

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Fun Activities for the Family

To keep your family active during the cold days of winter, try some of these activities:

- Take a nature hike in the woods. Be sure and bundle up and pay attention to the weather forecast before you go.
- Make snow angels in your backyard.
- Have a snowball fight, but be careful not to hurt anyone.
- Go ice skating.
- Build a small, contained fire in the back yard and sing songs or tell stories.
- Go sledding or tubing.
- Play a game of flag football.
- Shovel snow for an elderly neighbor.

Mending Broken Relationships

Just about everyone has a broken relationship in their life. When relationships fall apart, the people involved suffer from a multitude of emotions, including grief, anger, confusion, low self-esteem, and even jealousy.

Do you have any broken fences in your life? **Here are some ways to help mend the broken relationship:**

- Learn how to deal with your pride. Human pride is the number-one cause of sustained broken relationships. Take the first step toward making peace.
- Share your feelings. Avoid keeping your thoughts and feelings bottled up inside. In many cases, the other person may not know what you're feeling.
- Be a good listener. Listen to how the other person feels. Avoid interrupting them or making their feelings seem unworthy. Show consideration.
- Be willing to admit fault. Deal with your guilt and be genuinely sorry for your part in the broken relationship.
- Reevaluate your choices from beginning to end. Look for clues as to what went wrong and what may be able to be done to patch things up.
- Overcome your fears. Learn how to rebuild trust in other people and let others know you believe in them.
- Remember what's good about the relationship. Focus on the good times and positive things you feel together. Let these things draw you closer together so you can deal with the negative issues causing the breakup.
- Seek counseling together or alone. Avoid being accusatory to the other person. Accept partial blame for the deterioration of the relationship.
- Keep a journal and write down what you've learned from your experiences. Examine what your role was in the broken relationship.
- Give yourself time to heal. It takes time for sadness to go away and hearts to mend. Make plans for your future and approach healing one day at a time.